THE SATURDAY EVENING POST.

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VOLUME XXXIV. PHILADELPHIA, SATURDAY, MAY 5, 1855. WHOLE NO. 1762.

Original Poetry.

WRECK OF A STEAMER IN SIGHT OF PORT.

FOR THE SATURDAY EVENING POST, BY ELIZA W. E. SEARS.

[Illegible]

Original Novelet.

THE FALLS OF THE WYALUSING.

(CONCLUDED.)

WRITTEN FOR THE SATURDAY EVENING POST, BY A PEDESTRIAN.

[Entered, according to the Act of Congress, in [illegible] the Clerk's Office of the District Court of the Eastern District of Pennsylvania.]

CHAPTER XII.

THE DISCOVERY.

[Illegible]

It was not till the prison breakfast hour that the absence of Oliver Hamilton was discovered; and then, after a thorough search of every corner there, it was made apparent that the prison had been broken, a rod tunneled of it that part of the cemetery, although not a clue could be discovered to the manner in which the escape had been accomplished.

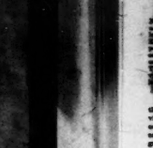
That the fugitive had found some means of lowering himself into the yard was evident at a glance; but how he had passed the walls was a thing nothing even indicated. The glass copings on the summit of the walls were still intact, no ladders had been set up on either side, and not the cord even dotted the strength or skill of the strongest swimmer.

That he should have escaped unaided, seemed next impossible, yet who could have been his assistants, [illegible] who might have been detected, had lurking during the whole time between the [illegible] of the [illegible] Hall Eagle came out from the bay-loft, in which he was known to have passed the night, on the first occasion, with a hurried manner, and [illegible] buried about her household affairs, such as they were, just as might have been expected from those who had been disturbed at their [illegible] time yesterday; and in the [illegible] bustle of the [illegible] which had the [illegible] of [illegible] of [illegible] which [illegible] had been [illegible] to [illegible] the escape, and in the triumphant light that flashed into her eyes, when the news was divulged of the grandest delight and surprise of her unsophisticated heart, but nothing nearly of [illegible] [illegible] with a deeply laid plot, and undisguisedly [illegible] soon.

To the house of Nathan Hamilton the officers of justice now proceeded, with little expectation, to say the truth, of finding him, or the [illegible] of him in that spot; but because they felt as if inspection might point that way, contrary to those who had been [illegible] to [illegible] to [illegible] to the mother the tidings of his escape would appear as a confession of guilt; and [illegible] to [illegible] to [illegible] to

Miscellaneous.

DEATH OF CURRIER BELL.



"Currer Bell" is dead! The early death of the large family of sisters who was the sole survivor, prepared all who knew her character to expect the loss of this gifted contributor to our literature; but the loss itself is not the less grief of anxiety that her genius will yield no nothing more. We have three works from her, which will hold their place in the literature of the world; and her genius was not of an order that, if it should live, would live long. It seemed to have come to its maturity at once. She had every inducement that could stimulate her mind to high effort; she had tact or three novels a year. Fame waited upon all that she did; and she rather perplexed her family (says the Spectator) by the indifference with which she received the praises of a book, a conviction was that the publication of a book is a solemn act of communion with the race of the novel as much as any other kind of book. She was not fond of speaking of herself and her sensibilities; she was more than ordinarily reserved. She had very few friends (from which fact, also, we infer that she was not a prolific writer), but her friends were of the high-minded kind, who could appreciate her and understand her motives

SATURDAY EVENING POST.
PHILADELPHIA:
SATURDAY, MAY 2, 1863.

General News.

FOREIGN NEWS.

Highly Important from Europe.

The steamships Africa and St. Louis, from Liverpool, arrived at Boston on Saturday, the 16th inst.

The St. Louis brings 74 passengers, among whom are Madame Ferdinand Lucca, the celebrated prima donna, and Mr. Ferdinand Lucca, the tenor by the two steamers is brought the following important intelligence:

THE VIENNA CONFERENCE.—The ninth Conference of the Ambassadors assembled at Vienna was held on the 8th ult., and lasted but one hour; the Russian Plenipotentiary still refusing received their instructions.

It is reported that the Western Powers have determined that if Russia will not accept the proposals of the Conference, they will withdraw their Ambassadors from St. Petersburg, and leave the Sultan's sovereignty to look to itself.

The question relative to indemnity for the Polish refugees remains.

Further complications in regard to the situation of affairs in Poland.

The Times Correspondence—The Archbishop of Posen and Gnesen, the Metropolitan Bishop of Poland, has been arrested, and is now in close confinement, on the charge of having received letters from the Pope, which he was sent to the house of a trooper by trade, named John Jak. Dombrowski. The Archbishop's papers, on the arrest of a lawyer, he drew from his pocket, and refused to give up. They were handed over to the Russian authorities.

The Times' correspondent says: "Mr. Layard's instructions are to assent to the joint proposals of the Conference, and to leave the Polish question entirely in the hands of Russia, which is to settle it as the Sultan's sovereignty is not to be interfered with."

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Selected Poetry.

THE TAPPING OF THE MAPLES.

Selected Sketch.

POPULAR FALLACIES.

FROM DANA'S JOURNAL OF HEALTH.

It is a great mistake, that a morning walk or other form of exercise before breakfast is healthful; the contrary is the case with most of the world. Exercise is always taken into the lungs and stomach, which are equally defiled. Most of the other portions of the body from the lungs down, require, to be really healthful and sustain the circulation within an hour or two, perhaps a third, and during the three days of bathing for troublesome diseases; while in almost the same destructive condition of those vital organs readily allows the blood to be purified, and thus renders the system susceptible of health, with all its varied and too often disastrous results.

I do not wish to dismiss the statement which I have made with a simple assertion. The fallacy of what is almost universally considered a truth or principle, requires, in the mind of most, may well challenge investigation. What I shall say on the subject of morning exercise, is intended to apply mainly to all sedentary persons, those whose employment is chiefly confined to the house. I will endeavor to give the actual experience of my sedentary reader, if he has not before now noticed, when he has been relieved from some extraordinary cause to take active exercise before breakfast on some bright summer morning, that he felt rather a less relish for his food than usual; in fact had no appetite at all: there was a certain sickishness of feeling, with a sensation of debility by no means agreeable. It will be said that, in this instance it was unusual, that if followed up those feelings would gradually disappear. But to me, it is to a negative point, for the system naturally has an inherent resisting power called into action by hurtful appliances. A manager of brandy will produce slight symptoms of lightness of head in some persons, which, if continued, and not discontinued, the same amount will, after a while, produce an appreciable discomfort; the causes are precisely parallel; that is, each power tend to drinking brandy is no proof that it does not injure him.

Another person will remind me that the early air of a mother's morning house or balcony and other things were used delightful. But this is not be otherwise than healthful. That is begging the question; it is a common known by scientific chemists to be not simply salutary, but to be absolutely false. It is a common observation of New Orleans, after a visit of a number of years, by those who remain in the city during the raging of yellow fever, that while the air of mornings and evenings appears to be unusually delicious, so clear and cool and refreshing, it is a fearful source of danger of the epidemic. Like the deceitful Syren, it charms only to ruin.

The fruitful cause of disease, and the epidemics in southern climes, is the decomposition of vegetable matter; the sun's rays more dense the vegetation, the more deadly are the diseases that locality; and the pestilential miasma cannot take place without moisture and heat approaching ninety degrees of Fahrenheit. We are all familiar with the fact, that thousands upon thousands who have endured the hardships of mining in California, have taken the "*Isthmus fever*" on their return, and lingered and died. From the first discovery of gold in the Sacramento valley, no danger arose was noticed in its cautions against the almost certain death attendant on sleeping at Chagres a single night, and even now it is considered one of the most important features of the railroad *finished across the Isthmus*, that passengers do not land at all at Aspinwall, but get into the cars at once and cross to Panama, where a steamer is always in waiting to receive passengers for San Francisco, without a single night on the Isthmus. Before the removal of the landing from Chagres to Aspinwall, it became common to make arrangements to remain on board the steamer until the passengers were ready to start immediately for Panama. All these precautions forced themselves on public attention. Now why was all this? Simply to avoid breathing the unconstructed miasma arising from such unmeasurable quantities of decaying vegetation abounding out of swamps and stagnant marshes, and so dense as to make penetration by man or beast impracticable.

The night was more dreaded than the day, for the following reason: The great heat of the sun caused a rapid evaporation of the moisture, carrying it to such a degree that it almost instantaneously ascended in the upper atmosphere where the first morning breeze, but in the course of the day, when the sun declined in power, these vapors gradually condense, get heavier, and fall to the earth, thus giving the lower air within fifteen feet of the surface, a density and concentration of malaria malignantly fatal; while in the morning this density is not combined until the sun has gained some power.

The older citizens of Charleston will tell you, that in early years, It was certain death for a stranger to sleep in the city, and true that during the most violent ragings of epidemics, extreme thoroughness would not go to have to attend to necessary business, except at noon-day, the hottest portion of the twenty-four hours, because then the miasma was most rarified and found by observation to be least hurtful. Few have the interest, but not the knowledge, that its property enforced practical attention.

In the south which treat of the terrible plague which depopulated the large cities in the middle and colder ages, the people who could not leave town, ordered the doors and shutters of their dwellings, and would not come down to a certain hour, and then only issued from the country people, but would not open baskets by ropes, and draw up their provisions, and then emerge with impunity, to a considerable extent: these were the precious results which followed the observation of natural facts, by a comparatively rude and unthinking age, and are applicable even to the present time, and which may be of service to others, if not to ourselves, in some future day, when some one may be in the grimalkins, whose health stops when absent for a single day; we doubters who never have a moment for sickness, or death, and always have a stranger or two sumcher who are looking up to us for life; looking to the hour of our anticipated visit as the happiest of the whole year; some and we poorer Editors, who could not get if we would, remember our children remember our importance to bed: I say, we all may gather a practical lesson of great value from the customs of those of a far distant land, to whom when if incensed well, and acted on, would save to us many a darling child, many a life's only hope, many a poor heart's only comfort—their

Never allow your children to learn the amount of short sleep in the morning until they have had a plain hearty breakfast: and send them up stairs within half-an-hour after completion of this meal, and report at sundown. These observances ought to be adhered to from May until October in the North, and from April to November in the South. A rigid attention to this would prevent at once, half the disturbances of summer complaints and croup which disorders our healths and is no more in summer time to the city.

It is a striking argument for the certainty of human nature, and one which often forces itself upon the observer, is the universal, that we both a concentrated untruth without wishing, while what is true, with all its simplicity and beauty, still falls into a spirit of reluctance by both, with a suspiciousness and a perfunctoriness of attention.

So it will be, I have no doubt, with the sentiment I have advanced; instead of being received, as it ought to be, and must, as mind, will be found to feeling on argument against it, instead of considering the force of the proof offered for it, just as we all have many times observed when ordinary minds are engaged in an argument, it will enter in another sense many sort of ten, that the listener's whole attention is occupied in casting about for an objection or new proof, instead of weighing the argument of the speaker; consequently, at the end of the dispute, neither is in what the winner, but rather more confirmed in his persuasion against his own; the first that no argument or proof in the contrary was allowed a hearing. I will just stop awhile a moment here to make a useful suggestion, by saying "*Try it, love*," and in a remarkably "*free country*," as said at the close of the last, and if you differ from anybody else upon any subject, or fail to walk in the exact track of your fellow-mortals, or do or say any thing different from Mr. Everybody, you are considered a simpy, or a mule; being, as the latter is, a citizen of this remarkably free and tolerant country, so I step aside from the main consideration of morning exercise, and add a power for my reader, relative to argumentative. It is such an important truth, so easily illustrated, would not a few hard words, and harder thoughts, so many wounded feelings, so much love's labor lost, and by the way accomplish so much good, that really I think it is worth the while your's subscription price to the Journal.—It is this:

If you want to convince anybody of anything, argue alone.

Having delivered ourselves of this great and useful apothegm, we will resume the thread of the argument, asking, if it puzzled, that the reader has not forgotten the subject-matter of discussion, it being so imaginatively delightful, so summer morning like, so Hamlet-like log which, if it brings, with its more sensitive, recollections as mournfully striking, so sometimes so delightful, that we long for the realization, at least until "sun up" to-morrow: then what a change! we would not give one half of such good stretch, one five minutes' second nap, for the entire morning's enjoyment of the whole year. Who does not feel that the unfamiliar of the final waking moments of a May morning, is the acme of luxurious enjoyment? Who does not feel that the exercise of the first